

Intermittent Fasting For the Plant-Based Athlete



A No Meat Athlete Academy Workshop
With Dr. Pamela Fergusson, RD



Welcome to the Intermittent Fasting for the Plant-Based Athlete Academy Workshop with Dr. Pamela Fergusson, RD. This is your prep sheet for the Workshop, where you can take notes and make plans to get the most out of the event.

We encourage you to print this out (double sided... because, environment) and have it on hand during the Workshop. As we work through the discussion, follow along in this sheet, writing down the information you'd like to revisit later. There's also a place for you to write your own questions at the end, so if you have any that aren't addressed in the main portion of the Workshop, you can ask them during the Q&A portion.

Enjoy!

Pre Workshop Preparations

What are you hoping to learn and get out of this Workshop?

What are the questions you'd most like to have answered about intermittent fasting?



Intermittent Fasting Basics

Which benefits of IF appeal to me most?

Which type of IF is most appealing to me?

How should I structure meals within the eating windows?



Intermittent Fasting and Training

My biggest fitness goal right now is:

How would IF affect that goal?

What precautions should I take to avoid negatively impacting my training?

What should I do about fueling my workouts?

Are there any precautions I should consider as a vegan?



Questions and Notes

Questions to ask at the end of the Workshop:

Notes:

